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REMEMBRANCE

Post 130 hosts 9/11 ceremony



American Legion Post 130 chaplain Marjorie Cavanaugh, being honored with flowers from State Sen. Anne Gobi (D-Spencer) and State Rep. Todd Smola (R-Warren).

By Jonah Snowden
jsnowden@turley.com

PALMER – In a joint effort to honor the victims of 9/11, as well as those who’ve sacrificed their lives to keep this country safe, a ceremony was hosted by the American Legion Post 130, held at the Fire Service Group building on Thorndike Street on the evening of Sept. 11.

During the ceremony, after a brief moment of silence, several speakers took to the podium, including Palmer town manager Ryan McNutt, post commander of Post 130 Matthew Nay, vice commander of The American Legion Department of Massachusetts Sally Nay,

State Rep. Todd Smola (R-Warren), State Sen. Anne Gobi (D-Spencer), town clerk Robert Lavoie and American Legion Post 130 chaplain Marjorie Cavanaugh, who also led the crowd in the opening and closing prayer and was later honored with flowers for her community service.

During his speech, Smola said although the current pandemic and 9/11 are very different circumstances, the similarities lie with the heroes who have “risen above every challenge they have faced, in order to help their fellow men and women within their communities and across

9/11 CEREMONY | page 6

HISTORIC



The Johnson & Song Organ Opus 781 in the First Church of Monson.
Turley Publications staff photos by Jonah Snowden

First Church organ, built in 1892, to be restored

By Jonah Snowden
jsnowden@turley.com

MONSON – Tuesday, Sept. 15, marked not only a historic moment for the First Church of Monson, but the town itself as church and community members gathered to discuss the restoration of a historic organ.

The church’s Johnson & Song Organ Opus 781, built in 1892 and the only three-manual Johnson organ in the area, is now in the process of being evaluated and re-

paired for further use.

The organ was donated to First Church by Mrs. Cyrus Holmes and Miss Esther Holmes in 1982 and since has undergone several modifications, which include the installation of an electric blower, a new console and more. The result of this project came from a \$1,000 grant, issued to the church’s music committee by the Grace Makepeace Trust for Historic Preservation to cover the repairs.

In March of this year, when the organ was tuned, Messrs. organ-builder business Czelusniak et Dugal, Inc. noted that it had its last major overhaul between 1952

POLICE

Monson Police Departments introduce new K-9 officer, Rex

By Jonah Snowden
jsnowden@turley.com

MONSON – During the Monson Board of Selectmen meeting on Sept. 8, Chief of Police Stephen Kozloski and K-9 officer David Rondeau introduced the department’s newest member: a dog named Rex.

Kozloski began the introduction by reminding the Board of Selectmen that there was a dialogue in the latter part of 2019 about the physical limitations of their other K-9, Storm.

“K-9 Storm is still policed with (Rondeau) and he’s doing his very best to care for him based on the conditions,” said Kozloski.

He said the funding for Rex was possible through generous donations from Massachusetts Vest-

A-Dog and the Town of Monson, which helped them locate and purchase the canine who happens to be from the same kennel Storm came from.

During the meeting, Rondeau formally introduced Rex, who is one and a half years old, who has been trained and certified for patrol since June.

“We’ve had good success already and we’re about to start the drug detection training soon,” said Rondeau. “He’s very social and he’s great at tracking. That’s really our primary role here – (using) his nose to find people when we need to find people.”

One of the instructions Chief Kozloski said he made to Rondeau

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Officer Rex was introduced to the Board of Selectmen and the Town of Monson at large on Sept. 8. Courtesy photo

MONSON

School Committee votes to go remote indefinitely

By Melina Bourdeau
Staff Writer

MONSON – “Everything came to a screeching halt last Thursday, we had heard of a couple of positive COVID-19 cases in Monson at the same time we also heard of some large gatherings that occurred in town,” said Superintendent Dr. Cheryl Clarke to the Monson School Committee last Wednesday.

In a matter of days, the number of COVID-19 cases went from 11 to 13 from Saturday to Monday with pending tests awaiting results as the town was in the red category of the COVID-19 map.

In response, the Monson School District postponed the

opening of school until Sept. 21 and the committee unanimously approved doing remote learning until further notice.

Clarke explained there were more gatherings over the Labor Day weekend, which could potentially impact the numbers in the coming weeks.

“Just to keep everyone as safe as possible, unfortunately throughout this journey the decisions that have to be made are not always popular with everybody,” she said. “I’m sorry, but the safety and health of the students and staff is paramount.”

Three days of the week were snow days, which will be added on at the end of the school calendar,

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PALMER



Students and parents filing out of Palmer High School, following a heated School Committee meeting Sept. 9. Turley Publications staff photo by Elise Linscott.

Soccer players, parents ask School Committee: “Let us play”

By Elise Linscott
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PALMER – During a contentious special School Committee meeting last week, dozens of high school soccer players and their parents asked the committee to reconsider letting the teams play in competitive games this fall.

The committee voted at the end of the night to reform the athletic subcommittee this week, which members said could include parents who wanted to participate in the discussion and that could make its own recommendation on whether or not to allow competitive games.

The committee previously approved cross country and golf for competition and soccer for practice

on the recommendation of the school’s athletic director and trainer, with competitive soccer games held during the next sports season, tentatively set by the state to begin Feb. 22.

During the meeting last Wednesday, student soccer players filed into the library one by one to ask the committee to “let us play.”

Parents Amanda Theriault, Melissa Petrashevicz and Nickey Rathbone prepared a presentation for the committee, laying out their arguments for allowing competitive soccer games, including the benefits to kids’ mental health and the support they get from being part of a team.

SOCCER | page 2

COVID

Microenterprise Grant funds available to local businesses

By Jonah Snowden
jsnowden@turley.com

PALMER – To aid multiple businesses which have been drastically affected by the COVID-19 pandemic, over \$700,000 worth of assistance is available across Belchertown, Hampden, Hardwick, Ludlow, Palmer and Ware.

Through this program, local businesses, who are working with local or regional partners, can apply for financial assistance with The Quabog Valley CDC, which will provide grant funding of up to \$10,000 per business.

Palmer Community Development director Sarah Szczebak said they have contracted with QVC-DC to administer the micro-enterprise assistance funds.

“We had several businesses from both towns (Monson and Palmer) reach out to inquire about the program and we kept the list

of interested businesses to send to the CDC once we’ve actually contracted with them,” said Szczebak.

To be considered for financial assistance, businesses must be owned by someone with a low to moderate income and which has five or fewer employees. Duplication of benefits is not permitted and funds will only be given based on the amount of loss due to COVID-19, according to eligibility guidelines.

Eligible businesses must be for-profit only; located in one of the participating towns; provide goods or services to multiple customers; and must be currently in operation and have been established prior to Jan. 1, 2019.

Other qualifications include the potential businesses being in good standing with the state and city/town, be current on all taxes

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FIRST CHURCH | page 5

Baker's Lane Biscotti offers fresh-made goods out of Monson

By Jonah Snowden
jsnowden@turley.com

MONSON — Since she was a child, Ludlow resident Lyn-Marie Fioravanti has had an interest in baking authentic Italian and Sicilian treats and with this passion, has opened her own business, Baker's Lane Biscotti out of Monson's First Church.

Through her business, Fioravanti sells biscotti and pizzelles, treats that she grew up making and can be hard to find.

"These recipes have been in my family for generations and I feel like there's not a very good product on the market," said. "I've tried many times to get them and I've always been disappointed in the quality, the texture. The taste is not the same."

Fioravanti said it was daunting to start a business from the ground up. She first ran the idea by her family, who showed their approval and support. She also credits her cousin, Karen Letty, a graphic designer who was hired to assist with branding for a couple of months.

As someone who is community-oriented, Fioravanti runs her business through the First Church of Monson, who gladly welcomed her in and allows to use their kitchen.

"I just had this idea that the church needed money and they have this beautiful kitchen that isn't used a lot, so I thought well, maybe I could bake there, since it's only two types of cookies,

it's not a huge business just yet. They thought it was a great idea and that really boosted my confidence to say, wow, they think it's a good idea, so why not try it?"

Regarding the name of her business, Fioravanti said it comes from the street she moved to in Marshfield at that age of 13, Baker's Lane, where she also learned how to make these treats. She said she considers food as a special part of life and something that is not just used for consumption.

"Aside from being a dietitian, food always was a sort of a gift of love and comfort and my mother (Charlotte Maio) cooked for us and baked for us," Fioravanti said. "My grandmother (Mary Fazio) did the same and we love doing it for other people. We love cooking and baking and enjoying seeing people eat what we've created. I think that's huge."

Moving forward, Fioravanti



Baker's Lane Biscotti's freshly baked pizzelles. Courtesy Photos



Freshly baked biscotti along with pizzelles are available through Baker's Lane Biscotti.

is hoping to increase her local customers.

"I just want to make sure everybody knows that I am the sole baker and alone in the kitchen, and have a mask and wear gloves the whole time I'm

there," said Fioravanti. "People can come to the church to pick them up. I live in Ludlow, so they could also come to my home to pick them up if that's more convenient."

She said she's also looking to collaborate with businesses if they would like to distribute baked goods to their clients.

For more information on Baker's Lane Biscotti, visit <https://www.bakerslanebiscotti.com/>.

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Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at elinscott@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.



Submitted photo

Soccer players greeted the school committee before the meeting last week.

SOCCER | from page 1

"We're pushing for Palmer because we want to keep our kids in the region... we're not going to stop kids from playing," Nickey Rathbone said. "Often times, kids are going to Connecticut, New Hampshire, central Mass. and Boston to play, and they're going to continue to play through the fall."

They said many kids will play on private league teams anyway if they're not allowed to play through the school.

Committee member Joseph Nompoggi said that more students and parents could've attended the last athletic subcommittee meeting in August to voice their opinions, before the August vote was taken.

Nompoggi said that while he wants to watch his kids play too, the reality is that school is starting in the middle of a pandemic.

"Because of the decisions other towns have made and Premier (soccer) and private leagues are making, there's going to be a spike (in COVID-19 cases), I don't think we can avoid it," he said. "It's been predicted there's going to be a fall spike by all the experts. I think MIAA made a huge mistake (in allowing sports to continue under these guidelines) and did it in a cowardly way because they didn't want to take the blame for this."

"The reality of the situation is all the towns around us are playing," Nompoggi continued. "We are in the middle of it. I think it's based on a lot of bad decisions... I don't feel comfortable with the decision to go back and play sports, but I almost feel like that's the only way we're going to have full control over it."

Therault said the coaches "have high standards for the kids" and wouldn't let them break the rules, like wearing face masks and distancing.

"If we're going to consider doing this any differently, we can't say they're going to follow this 100%," committee member Charles Baker said. "Let's be honest and say they're going to slip, and what's the progressive outcome... getting booted off the team?"

Committee chair Bonny Rathbone said it's tough to ensure any of the students will follow the guidelines they should under the guidelines currently in place.

"Let's be realistic... the athletes are going to be in school with non-athletes who don't have a database of rules to follow outside of school," chair Rathbone said. "If they're non-athletes, they're going to be all over... and those athletes are going to be with non-athletes."

Committee vice-chair Gary Blanchette wasn't present for the meeting. He said in a statement read by Rathbone that college fall athletics have already been canceled, and that he'd spoken to Palmer coaches who'd had no qualms moving competition to season two. He said allowing for this special meeting and vote despite the vote that was already taken set a bad example.

"I understand your beliefs but as a School Committee member, I'm responsible for all students' health, their families' health... this is a horrible precedent to set," Blanchette wrote. "Although I understand the hurt and passion behind it, there are current outbreaks in both Monson and Palmer... I refuse to take part in this vote."

The committee voted to reform the athletic subcommittee on Sept. 14, which would present its recommendation to the school committee on Sept. 16.

Before the start of the meeting, a crowd of students and their families gathered outside Palmer High School, where the meeting took place inside the library Sept. 9. Face masks were visible on all attendees, but many of the students were sitting shoulder-to-shoulder along the walkway leading to the high school entrance outside and many were not following social distancing inside the school hallway leading to the library and were gathering in clusters.

This is a developing story. Please see the next edition of the Journal Register for coverage of the Sept. 16 school committee meeting.

GRANT | from page 1

due through Mar. 1, 2020, have active and valid state licenses/registrations and can't be a party of litigation involving the state or municipality.

Excluded businesses include real estate rentals/sales businesses, businesses owned by people under the age of 18, businesses that are chains, liquor stores, weapons/firearms dealers, lobbyists, and cannabis-related businesses.

As of Sept. 14, five businesses from Monson and three from Palmer have specifically reached out to Szczebak for more information on the grant. For more information, contact the QVCDC by emailing Melissa@qvcdc.org, or call 413-967-3001.

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at elinscott@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.

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The Journal Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

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Exceptions will be made only when the family provides a death certificate and must be pre-paid.

Palmer compost area summer schedule

PALMER – The compost area will be opened the third Saturday in July, August and September to afford town residents the opportunity to drop off leaves and grass clippings at the compost area off of Old Warren Road Palmer. Please place leaves and grass clippings in brown paper bags and do not drop off and place up against gate. Reminder: Please practice social distancing. Any questions, please call the DPW at (413) 283-2615.

Date	Time
Saturday, Sept. 19, 2020	9:00 a.m. - 5:00 p.m.
Sunday, Sept. 20, 2020	9:00 a.m. - 5:00 p.m.

MONSON | from page 1

pushing the last day of school by three days in June.

The board began the discussion with the understanding that if Monson goes down to yellow, or the two week average for case numbers decreases, the schools can go back to hybrid learning.

School Committee member Andy Dubois-White said the 14-day average was going to potentially increase in the next week.

School Committee member Emily Graves-Harrison said she didn't think two weeks was enough time to believe the virus was contained and committee member Colleen Flynn agreed.

School Committee Chair Jeffrey Lord proposed going remote until further notice.

"Again, everyone's safety is the most important thing to me. We really have no idea how this illness is going to possibly ravage our community and families," said Lord. "We have to let people know how to plan."

The committee also determined they would meet on a weekly basis.

Graves-Harrison said she believes the committee and community at large has to be accountable.

"This goes beyond the schools if you want your students in these buildings then each and every community member has to do their part," she said. "We can't risk our students or our community... I understand it's hard to say indefinite because we all want to have students back, but we want it to be safe."

She said that rather than saying hybrid schooling would return after two weeks, there is more ability to plan if the COVID-19 cases change.

Flynn emphasized the importance of consistency.

"We have to be looking at the same metrics and measurements and always weight them," Flynn said. "It's important to have consistent data points to look at."

The board emphasized wearing masks and social distancing as well as frustration with a spike in cases after weeks of zero cases.

Dubois-White said the cases increase at an exponential rate.

"That's how it happens and I hope its not going to be 26 next week and it keeps growing," he said. "I hope this 13 is where it's out and we go back into the yellow or green. I'm not confident that that's going to happen."

Monson Public Schools Nurse Leader Karen Fedora echoed Dubois-White's point.

"It could be a month or longer before we see the full effect of the last week," Fedora said. "We are absolutely expecting the numbers to grow."

At its next meeting on Wednesday, Sept. 16, the Monson School Committee was going to determine if teachers would be teaching their classrooms, remotely or a mix of the two.

Planning Board public hearing on 96 Main St. continued to October

By Elise Linscott
elinscott@turley.com

MONSON – At the Planning Board's Sept. 15 meeting, a public hearing on proposed plans for a 9,100 square-foot commercial property at 96 Main St. was delayed to the board's Oct. 20 meeting.

The plans, which have been under planning board review since June, have drawn substantial criticism from neighbors and residents for its potential impact on traffic, safety and changing the character of the historic site on Academy Hill.

One document in the plans submitted to the town referred to the project as a Dollar General, although applicants have not yet confirmed which retailer may be moving into the space.

During Tuesday night's brief meeting, Matthew Bruton, project manager with BL Companies, said the project's main proponent wanted to be present for the hearing but was unable to make the meeting. He requested the hearing be continued to the next scheduled planning board meeting, set for Oct. 20 at 7 p.m.

"Now that we were getting close to a spot where we can openly discuss and get to a vote, he wasn't able to attend tonight," Bruton said of the project. "He's asking me as his lead to ask for a continuance to next month's meeting so he can attend in person."

The property owner is listed as Daniel Levesque on documents filed with the town and the applicant is Garrett Homes c/o BL Companies.

Domestic Violence Task Force to launch "Light in the Window" campaign in October

By Jonah Snowden
jsnowden@turley.com

PALMER – Throughout the month of October, the Light in the Window Campaign, which signifies community solidarity toward ending domestic violence across the state of Massachusetts, will also take place locally, courtesy of the Palmer Domestic Violence Task Force (PDVTF).

The demonstration of the campaign involves a widespread display of a bright purple light from residences, businesses, public buildings, schools, hospitals and others. Symbolically, the campaign is intended to highlight the community's effort to shed light on the effect of domestic violence and to form a unified commitment to make a safer environment.

PDVTF manager Emily Skoczylas said the campaign, which is scheduled to run from Oct. 1 to Oct. 31, will take place from dusk until whenever residents decide they would like to shut off their lights.

She also said, the campaign usually requests for participants to

use an electric candle, which she and other members of the group decided would not make enough of an impact. Instead, they will be using exterior purple light bulbs.

"This will make a bigger impact," said Skoczylas.

As of Tuesday, Sept. 15, 65 individuals and a few businesses, including Revolutionary Nutrition, Treasure Chest Emporium and Palmer Antiques Co-Op have reached out to the PDVTF regarding this campaign.

On Sept. 26, Skoczylas said from 9 a.m. to 11 a.m., she will be at the Depot Village Park on Walnut Street, handing out reserved light bulbs.

"If anyone isn't able to make it, they can just email the task force and we'll drop them off before the first (of October)," said Skoczylas.

Skoczylas also said she hopes to "educate people and allow people who are experiencing domestic violence, or have experienced it," to know they are not alone and there are people out there who are willing to support them. Also, she wants to make sure people know that the

light bulbs the organization is giving away are free.

"I really wanted to do something that gave back to Palmer," said Skoczylas. "Palmer has been so accepting of the task force."

To learn more about the task force, get involved, or reserve a light bulb, visit <https://www.facebook.com/PalmerDomesticViolenceTaskForce/>, or send an email to palmerdvtf@gmail.com.

"I have some members that are in college and some work a crazy schedule and they can't make every single meeting, but they're still there and still reach out," said Skoczylas. "Just because someone's not going to the meeting every month, doesn't mean that they can't be a member either."

Meetings take place on the second Tuesday of every month, via Zoom. Skoczylas also said she keeps a list of everyone who reached out to the task force and emails a link to the class about a week before, a day before and the day off the scheduled before the meeting.

Caring Health Center names Yvonne Williams Chief Development Officer; Heather Goodhind Chief of Staff/Executive Assistant to President and CEO

SPRINGFIELD – Caring Health Center, a Federally Qualified Community Health Center, has named Yvonne L. Williams its first Chief Development Officer.

Williams was previously a six-year member of Caring Health Center's Board of Directors, and brings to her new position a strong understanding of the organization. She also has deep roots within the community and will be instrumental in expanding relationships and increasing awareness of CHC's integral role in providing comprehensive health care to Greater Springfield's diverse communities.

Williams most recently was director of resource development for United Way of Pioneer Valley, where she developed brand awareness and built community relationships for one of the largest nonprofit organizations in Western Massachusetts. She is a published author, lecturer, and development coach, devoted to community and public service, and serves on several local nonprofit boards.

"I am so pleased to join Caring Health Center's team, which is committed to this community and all its people, and be part of the premier health care center in Western Massachusetts," Williams said. "I look forward to developing new partnerships for the benefit of Caring Health Center."

In another top-level move, Heather Goodhind was named Caring Health Center's first Chief of Staff and Executive Administrative Assistant to President and CEO Tania M. Barber.

Goodhind graduated from Springfield College with a Bachelor of Science degree in health science, followed by a Master of Public Health degree from the University of Massachusetts Amherst in community health education. She previously managed the Navigator Program at CHC and most recently obtained compliance experience at a local hospital. She has a passion for helping those in need and ensuring the delivery of quality care.

Since 1995, Caring Health Center has served as an essential source of health care for residents of Greater Springfield. The organization operates a pharmacy and the Springfield South WIC Nutrition Program, and serves as the largest Refugee Health Assessment provider in Massachusetts.

CHC's team of community health workers, health navigators, and interpreters ensure that patients receive comprehensive care that addresses their cultural, economic, and language needs, while its behavioral health specialists deliver services to address a wide range of emotional and other issues.

Gobi named to DCR Special Commission

BOSTON – Senator Anne Gobi (D-Spencer) announced last week she's been named to the legislative Special Commission studying potential changes to the management of our public lands here in the Commonwealth. Established in the Fiscal Year 2020 budget cycle, the commission formed will be tasked with studying and recommending ways for the Department of Conservation and Recreation (DCR) to improve the management, operations, and asset condition of the natural, cultural, and recreational resources held by the department.

A staunch supporter of outdoor activity, serving as Senate Chair on the Joint Committee on Environment, Natural Resources, and Agriculture in addition to her role as Co-Chair of the Massachusetts Sportsmen's Caucus, Senator Gobi brings a wealth of experience to the commission, and an understanding of the various needs that the users of outdoor public spaces require.

"I have a deep appreciation for our natural resources, our parks and the people who work in those parks," Gobi said. "I also know that we have a right to use those

resources in a responsible way. Maintaining access while balancing conservation is possible and necessary, and I look forward to working on this commission to strengthen stewardship of these lands for future generations."

The Commission will be chaired by the Secretary of Energy and Environmental Affairs, Kathleen Theoharides, and will include the secretary of the Massachusetts Department of Transportation, the DCR Commissioner, and the chair of the DCR Stewardship Council or their designees, along with seven representatives appointed by the Governor. The commission will file their report of findings and recommendations to the Clerks of the House and Senate as well as the House and Senate Ways and Means.

In addition to her role on this commission, Senator Gobi has been appointed and accepted roles on the Mosquito Control Task Force, the Holyoke Soldiers Home Special Commission, and the Ocean Acidification Commission for the current and upcoming year. For more information, please contact the Senator's office by email at Anne.Gobi@MASenate.gov.



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Viewpoints

SOCIAL SECURITY MATTERS

Should we get married or just live together?

By Russell Gloor
Guest columnist

Dear Rusty: My question is about benefits and getting married. I am a retired man, 65-years-old, and collecting Social Security plus two pensions. My girlfriend will turn 62 this October and plans to apply for Social Security benefits on her 62nd birthday. If we were to get married, would he be affected money wise? Or should we just live together? Signed: Contemplating Marriage

Dear Contemplating Marriage: Your own Social Security benefit will not be affected in any way if you get married, unless your potential new bride is a very high earner and her Social Security entitlement at her full retirement age (which is 66 years and 8 months) is more than twice the full benefit amount you were entitled to at your full retirement age (even though you claimed your benefits earlier). In that case, you would become eligible for a spousal benefit from your new wife after you are married for one year.

If, however, your potential bride is the lower earner and claims at 62, but is entitled to a Social Security benefit at her full retirement age, which is less than 50% of your FRA benefit amount, your new wife may be entitled to a “spousal boost” from you after you are married for a year. I cannot tell you the answer to those questions without knowing your respective benefit amounts at each of your full retirement ages.

You may also wish to consider potential survivor benefits. If you are married and one spouse dies, the surviving spouse is entitled to 100% of the amount the deceased spouse was collecting at their death, if the surviving spouse has reached full retirement age (otherwise the survivor benefit is reduced for claiming it early). The surviving spouse gets the survivor benefit if that benefit is more than they are entitled to on their own.

In any case, neither of you would be eligible for a Social Security spousal benefit or survivor benefit from the other unless you are married (you must be married for at least one year to get a spousal benefit and at least nine months for a survivor benefit).

Note that so-called “common law” marriage isn’t recognized in most U.S. states, and Social Security goes by state law on that topic. The only states which currently recognize common law marriage are Colorado, Iowa, Kansas, Montana, New Hampshire, South Carolina, Texas, and Utah (and the District of Columbia). So, unless you were to live in one of those states, or in D.C., cohabiting would not be considered a “marriage” for the purposes of Social Security benefits, and no spousal or survivor benefits would be available to either of you.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit AMAC’s website at amacfoundation.org/programs/social-security-advisory or email Gloor at ssadvisior@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.



Winter rye is a great investment in next year’s garden

You might think that sowing the seeds of anything this time of year is a waste. Not so! In fact, planting winter rye is a great investment in next year’s garden. Who couldn’t use a bit more organic matter in their soil? I know I could, and incorporating winter rye grass into the garden patch come springtime is a great way to achieve that goal. Winter rye is one of the few winter hardy cover crops.

What exactly is a cover crop? A simplified but accurate definition would be: “a group of like or mixed plants that protect and enrich the soil.” Instead of leaving the ground barren for any length of time, and thereby at risk of erosion and nutrient loss, we plant cover crops. Experienced cover croppers plant them even in the summer months, in any part of the garden not taken up by crops. I have been most successful utilizing them during late fall and winter.

Winter rye (*Secale cereale*) is my cover crop of choice. It is hardy in our area and can be planted successfully after the garden is cleaned up for the season. As its name would suggest, winter rye is a grain that belongs to a large plant family by the name of Gramineae. Besides other grains such as wheat, barley, and oats, this family includes bamboo and many of our favorite lawn grasses among its members. Many legumes and clovers are also used as cover crops. They have the advantage of “fixing” nitrogen from the air and returning it to the soil where it can feed other plants. One legume by the name of hairy vetch will successfully overwinter in our climate and is often used as a companion to winter rye. It can’t be sown as late, however, so I stick with my old stand-by.

Winter rye, when sown in the early fall establishes itself quickly. Thick, fibrous roots anchor the soil during the winter and spring months, protecting it from erosion caused by wind and rain. These same roots will hold on to valuable nutrients, preventing them from being leached out of the ground during spring

run-off. Besides all of that, the amount of organic matter winter rye adds to the soil when tilled in prior to spring planting is remarkable. At less than \$30 per 50 pound bag, it is well worth the monetary investment.

After the harvest what is left of my garden is hauled off to the compost pile. I hoe up the rows a bit and sow the seed by hand, “broadcast” it if you will, by scattering it in one direction, then the other. After all the seed is sown, I cover it by dragging the flat end of a steel rack back and forth in the soil. If rain is not in the forecast, I’ll water every day for a few days in a row. Germination should occur in a week or so but will cease at the first sign of super cold weather.

When the ground begins to thaw, winter rye will start growing again. I glory in a green “lawn” in March, even if it is only in my garden. About a month prior to planting other crops I chop down the grass with hedge clippers and turn the plants into soil by hand. For big plots you can enlist the help of a rototiller. Here a weed whacker or lawnmower would be put to good use cutting down the grass first. This step prevents tall grass blades from getting caught in the tines of the tiller and will also expedite decomposition of the rye into the soil. It is important to wait until decomposition occurs prior to planting anything else since this process may inhibit the growth of some plants. As mentioned a month or even three weeks will suffice. If I know I am going to start peas or other very early crops I do leave a section of the garden free of rye so that sowing is easy.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with “Gardening Question” in the subject line.



Roberta McQuaid
Columnist



Arriving in time for sunrise on the summit of Mt. Monadnock. Submitted photo.

Hiker down! How to minimize injuries while hiking

By Julie Midura

This column was to be filled with the details of a twelve-day backpacking adventure through the state of Vermont on the Appalachian Trail, but alas, a back injury a few weeks ago forced my husband Tom and I to postpone our trip. My doctor strongly advised against hauling a thirty-pound backpack over my shoulders and hiking 14 miles over rough terrain each day, so I have been doing shorter day hikes with a lightweight pack until my back is completely healed.

This is a great time to share some tips on how to avoid, or at the very least, minimize hiking injuries.

Tom and I are no strangers to hiking injuries. We’ve suffered with broken bones, plantar fasciitis, a torn calf muscle, and various knee injuries. To add insult to injury – and I say that in the most literal sense of the word – we’ve also suffered with the general aches and pains of getting older. Regardless of your age, there are several ways to prevent hiking related injuries.

Cross-training and yoga are two great ways to strengthen the body for the rigors of hiking. Basically, any type of exercise that involves cardio, stretching and/or weight training will benefit you when you hit the trail. Since I’m allergic to any form of exercise that involves a machine with moving parts, my training for hiking is hiking. I also do sit-ups and pushups every morning, in addition to calf and ankle strengthening exercises.

In addition to exercise, I’ve discovered that stretching, both before and after the hike, helps to minimize the risk of injury. While I used to be lazy about it, I’ve learned the hard way that five to ten minutes of stretching before and after a hike goes a long way in preventing the injuries that can keep me off the trail for weeks.

My final recommendation is equipment-related. I highly recommend using trekking poles or, if you’re willing to let others know what decade you were born in... a hiking stick. When I first began hiking, I carried a wooden staff, like Moses. (Yes, I AM that old.) Ten years ago, Tom found a large branch in the woods, removed the bark and sanded it smooth. He drilled a hole through the top section and added a leather wrist strap. He hand-engraved the stick with the words, “May you always walk in peace,” and he gave it to me for my birthday. What a guy!

Although I’ve since graduated to Leki collapsible carbon trekking poles with cork hand grips, I miss the primitive feel of my heavy wooden hiking stick. When I hiked with that staff, I felt like a sojourner in the days of old. There was something immensely soothing about listening to the dull thud of the wooden staff as it struck the rock-strewn paths. That harmonious sound has been replaced by the sound of the metallic clink of carbide tip trekking poles.

Whether you choose a trekking pole or a hiking stick, the benefits are numerous. They provide both immediate assistance in close-call situations, as well as long-term prevention of joint related injuries, both of which will extend your ability to remain active for years to come. On steep downhill, trekking poles control your descent, reducing the impact of gravity on your hips, knees, ankles and feet. When you use poles, your shoulder muscles will absorb some of the force that is normally absorbed by all of the joints in your lower body. Poles also act as anchor points to help you with balance, especially on difficult terrain such as wet bog bridges, rock or root strewn trails, and stream crossings. Those two extra points of contact have saved me from catastrophe on many occasions.

So, there you have it: my recommendations on how to minimize hiking related injuries. I hope that by next month, I’ll be able to share the details of our next backpacking trip. Yes, we are in the process of planning our next one! I just need to ensure that in the meantime, I don’t throw my back out again while, of all things, cleaning our bathroom. Maybe I should practice what I preach and take up yoga.

Peace and hike on, friends!

Election letters to the editor welcome

The *Journal Register* welcomes readers to participate in this year’s election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to dfarmor@turley.com. Please include a day-time telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday’s newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Elise Linscott at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor’s Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact Lisa Marulli, 413-283-8393 or lmarrulli@turley.com, about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
**The Journal Register
Letter to the Editor
24 Water St.,
Palmer MA 01069,
or by e-mail to:
elinscott@turley.com**

The submission deadline for consideration is Monday at noon.

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In My Backyard

By Ellenor Downer

Last week, I had to stop on two different occasions to let wild turkey hens and their polts cross the road. Both times the turkeys included several hens with their broods.

There was a time when wild turkeys no longer existed in the state. A reintroduction of these native birds proved successful. Now, people see wild turkeys on a regular basis.

The wild turkey is easily identified by its turkey shape and large size, 36 to 49 inches. Its body is brown and iridescent. The head is naked. The male or Tom is larger and more iridescent than the female. The male also has a beard, a tuft of hair like feathers on its breast. The female usually lacks the beard,

but there are some bearded hens.

Wild turkeys inhabit open forest, forest edges and wooded swamps. They feed on the ground eating nuts, acorns and seeds. They also eat grains, vegetation, insects, frogs and lizards.

The hen turkey lays six to 20 eggs with buff marks placed in a nest placed in a natural or scraped depression on the ground. The hen lines the nest with leaves and grasses. The females raise the young.

Wild turkeys make gobbling, yelping and clucking noises. In courtship, the male struts and gobbles with its tail feathers fanned. The female responds with a yelping call. Males may mate with many females during the breeding season.

Bear with two cubs

Last week, about two hours before I saw a flock of hens and their polts, I saw a black bear female with two cubs cross in about the same area of the road. I was glad to be in my car and not walking along the road. There were two cars behind me. One car pulled off the road on the side the trio entered a wooded area. The driver most likely hoped to see them again as they walked in the woods.

A talked to a resident of the area and she said she has seen two females each with two cubs.

Cardinal in the sun

Last week, a male cardinal landed on a fallen hemlock in my backyard. He perched on a branch in full sunlight. His red feathers and black marks on the face stood out in the sunlight.

Great blue heron

I still see a great blue heron at Long Pond in Rutland. He is either near shore or wading in a shallow part of the pond farther from shore.

Hummingbirds

The ruby-throated hummingbirds are still here. They visit my nectar feeders frequently. I continue to clean and fill the two feeders every other day. I recently purchased a top filling nectar feeder. It is so much easier to clean than the other feeder that I have.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100 or emailing my-backyard88@aol.com or edowner@turley.com.

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Dakin Humane Society receives Rachael Ray Save Them All COVID-19 relief grant

SPRINGFIELD — Dakin Humane Society announced it has received a Rachael Ray Save Them All COVID-19 Relief Grant from Best Friends Animal Society to ensure that its Pet Food Aid Program continues to help pets living in western and central Massachusetts, as well as northern Connecticut.

"This grant allows us to continue our lifesaving work by supporting the Pet Food Aid Program, which is central to our organization's mission as we serve our community," said Carmine DiCenso, executive director at Dakin. "In this uncertain time, people are experiencing financial hardship and food insecurity in feeding their cats and dogs. We want to be sure that pets can be fed, and people and their pets stay together. We are grateful to our community for their support of this program, and appreciate the help provided by Best Friends Animal Soci-

ety for our Pet Food Aid Program."

Dakin Humane Society is an active partner in the Best Friends Network, which offers resources and support to fellow shelters, rescue groups, and animal welfare organizations across the country. "When you choose to foster or adopt your next pet, you are becoming part of the solution right here in our community," said DiCenso. "And community is more important than ever right now."

The Rachael Ray Save Them All COVID-19 Relief Program, administered by Best Friends and funded by The Rachael Ray Foundation, provides COVID-19 relief grants to shelters and rescue groups across the country. The Rachael Ray Foundation helps animals in need and is funded by a portion of proceeds from each sale of Rachael's pet food, Nutrish.



An inside look at the Johnson & Song Organ Opus 781.

FIRST CHURCH | from page 1

and 1955 and also noticed three issues with it, including the leather in the electro-pneumatic playing action — the system which allows air valves to open and close when the organ's keys are pressed — is accruing in age at 68 years old. There's also been occasional failure in the keyboard contacts and possible air leakage from failing leather on one pull-down motor from an infidel valve.

Regarding this initiative, members of the church, including Gay Paluch and organist Kiel Krommer are excited about the restoration of the organ.

Krommer, who said he believes he was made to provide his musical talents to the congregation and get them excited for worship service, said he's glad to see the organ being restored.

Bill Czelusniak, owner of Czelusniak et Dugal, Inc. said the intention of this project is about "long-term preservation of a historical artifact."

"It's also a musical instrument which is a different dimension, but equally important," said Czelusniak. "Since 1982, our company has been caring for this organ continually. We've been successful in keeping the organ whole, fully reliable and in tune and as original as it has been, including a major cleaning of it following the 2011 tornado."

Other contributions the business has given to the organ include rebuilding the console as all electric with a solid-state operating relay and combination action, re-leathering the large static wind reservoir and more.

Paluch, who was also present for the meeting to discuss the project this week, said annually, they would successfully pack the church for a historical organ concert, which she would like to eventually see continue.

"My vision is to pack the church again, maybe by giving away free passes and taking up a donation," said Paluch. "We're hoping to share this beautiful instrument with the community. They were excited, we've had a series of concerts here in the recent years and they all want to come back and hear the organ."

The church's music committee hopes to plan more organs concerts in the future, depending upon regulations regarding the current conditions of COVID-19.

K-9 | from page 1

was to find a well-balanced canine "that was not only good with the nose work," since the department also conducts a lot of community outreach.

"We wanted to make sure that we identified a dog that wasn't going to terrify the public," said Kozloski. "Rex has a great personality."

Roundeau also said that when he is spotted in public, he will be kept away and will be socialized under certain circumstances. The circumstances, as explained by the Kozloski, will be during the department's open houses or community programs that will encourage Rex to interact with the public.

STCC offers flexible option to start classes on Oct. 28

SPRINGFIELD — Springfield Technical Community College's traditional fall semester begins right after Labor Day, but STCC also offers Flex Term options for prospective students.

The college is accepting applications for Fall Flex Term 2, which runs Oct. 28-Dec. 16. The condensed seven-week term includes classes from a range of academic disciplines at STCC, including general studies classes that can be used to transfer to a four-year college or university. STCC, which has several dozen transfer agreements with four-year colleges and universities, offers the most affordable pathway to a college degree in Springfield.

Regardless of the start time this fall, STCC will offer online classes with a mix of low-density on-campus labs for health, science and technical programs. The online format allows students to complete coursework any time of the day on their computer. Some class meetings will be scheduled live using video conferencing.

The October Flex Term start at STCC could be an ideal option for students who had planned to enroll at a four-year

institution during the COVID-19 pandemic but decided to stay local, said Geraldine de Berly, vice president of Academic Affairs at STCC.

The Flex Term also can be helpful for anyone who is juggling work and childcare, or for parents whose school-age children are studying from home during the pandemic, de Berly said.

"We know that starting the semester in September is not always possible for any number of reasons, so the October start date offers flexibility," de Berly said. "Additionally, students can take fewer courses during the session. Some students might do better focusing on two classes in a semester instead of four."

Fall Flex Term 2 is also open to students who are currently enrolled at STCC who may want to increase their course load.

A wide range of online courses will be offered during Fall Session 2. They include, among other subjects, accounting, biology, criminal justice, English, history, math, psychology, sociology and Spanish language.

The majority of 3-credit courses at STCC cost just \$771,

saving 50 percent or more versus other campuses. Financial aid is available. Students should apply for admission, in addition to the FAFSA, by Oct. 14 to qualify.

A variety of nine-credit "bundles" of courses offer an accelerated start to many STCC associate degrees, all of which can be leveraged to transfer to a four-year campus:

Behavioral Sciences (Applied Psychology, Social Work, Criminal Justice):

- General Psychology
- Introduction to Sociology
- Statistics

Business:

- Computer Basics
- Accounting 1
- Principles of Management
- Introduction to Marketing

General Education:

- Composition 1 or Composition 2
- Fundamentals of Oral Communication
- Statistics
- First Year Experience

History:

- Women in History
- Social Change in the 1960s

- History of Witchcraft and Superstition

Early Childhood Education:

- Child Growth and Development
- Guiding Childhood Behavior
- Infant and Toddler Care
- Administration of Childhood Programs

Health Prerequisites:

- Composition 1
- Composition 2
- General Psychology
- Human Growth and Development
- Introduction to Sociology
- Anatomy and Physiology 2

STEM (Science, Technology, Engineering and Mathematics):

- Composition 1
- Tech Math 1
- Computer Applications

To see the full schedule of classes and to enroll for the fall, visit stcc.edu/flexterms. To apply, visit stcc.edu/apply. For questions, call STCC Admissions at (413) 755-3333 or click on the "Chat Now!" button on stcc.edu.

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State Representative
Todd Smola
(R-Warren).



The Three Rivers and Bondsville fire departments. Photo by Joy Trombly.




State Sen. Anne Gobi
(D-Spencer).



Roses were dedicated to each name read at the ceremony; one was dedicated to those who lost their lives on 9/11.



Marge and Michael Cavanaugh of the American Legion Post 130. Photo by Joy Trombly.



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9/11 CEREMONY | from page 1

our country.”

“Those (first responders) that ran into those buildings 19 years ago,” as well as emergency personnel working currently, “are helping out individuals,” said Smola. “Our police officers, fire fighters, healthcare workers, frontline individuals that live within our communities have made such a difference within our communities and have made such a difference in our daily lives. That’s why tonight, as we come together to dedicate these paves to recognize 9/11 and to bring our community together,

we say ‘thank you’ and we remember the sacrifice they have made and continue to make every single day of their lives.”

Gobi offered similar sentiments during her speech and said this “gives us an opportunity to come back and say we are united, we are the United States of America, we’re going to stand with the people.”

Following the speeches was a rose-laying ceremony, honoring of those who lost their lives serving the U.S. The final rose was laid in memory of all servicemen and women who returned from

active duty and died because of their invisible injuries sustained, including through suicide.

Near the conclusion of the ceremony, Nay took to the stage to offer some closing remarks.

“As we depart tonight, let us say ‘thank you’ to those here with us that have given their time in defense of our country and community,” said Nay. “Putting their lives on the line to defend our country and community can never be forgotten. Remember our service members who are currently serving, regardless of where they are, and the dedi-

cation and sacrifices they make each day to keep our country free. Remember those who are no longer with us and their dedication and commitment to our country. Especially, keep in our thoughts those who did not return and paid the ultimate price of freedom.”

Following the remarks was a closing prayer by Cavanaugh, a 21-gun salute from the firing detail and the playing of Taps from Sons of the American Legion Detachment of Massachusetts. Detachment commander Ernie LaBerge took place to conclude the ceremony.

The CDC estimates that, on average, alcohol is a factor in the deaths of 4,358 young people under 21 each year. You can do a lot to help yourself and others by encouraging your peers to make healthy choices and by NEVER supplying alcohol or drugs for others.

Teenagers look up to adults,

be worthy of that admiration and **keep alcohol away from underage teens!**



Eight basic tips to help you get the conversation started:

www.QHSUA.org/parent-prevention/

Teens whose caring adults talk to them often about substance use are less likely to use drugs or drink alcohol. Please remember, there is help!

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FALL

Student-athletes set to begin practices

By Gregory A. Scibelli
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REGION – The week many area athletes have been waiting for has come. After six long months of no interscholastic sports, high school fall teams will be able to “take the field” starting this Friday, Sept. 18.

After months of virtual meetings, postponement after postponement from the spring season, and a month-long delay to the fall season, high school players will finally get to start working toward a modified season.

There will be at least two weeks of practices for most teams before games are scheduled to begin. According to the Massachusetts Interscholastic Athletic Association plan, games can begin playing on Oct. 1, about a month past when

games normally begin. Games typically start the day after Labor Day, which is when most students go back to school.

Student-athletes will be under strict guidelines as they navigate the murky waters of being able to return to action.

Agawam High School Athletic Director David Stratton serves on both the Sports Medicine Subcommittee for the MIAA’s Board of Directors, and the Board of Directors for the Pioneer Valley Interscholastic Athletic Association, the governing body of most sports and the schools in the Western Massachusetts region.

Stratton said there will be a clear focus on keeping students safe. He said the most important thing to the area schools is ensuring athletes are able to get on the field and play games without setbacks.

“We just want to be able to play and not get shut down,” said Stratton.

While players are set to take the field this Friday, they will do so without schedules finalized.

Stratton said this is because the PVIAC is still waiting for all schools to complete votes on whether they will be participating.

Among the schools the PVIAC is waiting on are Chicopee (and Chicopee Comprehensive), Pathfinder Regional, and a potential re-vote in Southwick.

Chicopee’s school committee was tentatively scheduled to vote on Sept. 16. It is not known when the other votes were supposed to take place. Southwick’s school committee had originally voted no to the Fall 1 season and wanted to postpone all sports to Fall 2. But a massive demonstration by the student

population is likely leading to a re-vote this week. Southwick is the only school in the Pioneer Valley to have noted to do no sports during the first fall season. Because the rest of the surrounding schools are participating, Southwick students argued they would have no one to play during the Fall 2 season, when football is scheduled to take place. The Fall 2 season is supposed to take place in late February through April, presumably after restrictions from the pandemic would ease up.

Stratton said he hoped to see schedules out by the end of the week once the votes are completed.

Stratton said schedules will likely be around 10 or 12 games for most teams. The MIAA is not sponsoring any playoffs, but Stratton said the PVIAC is not ruling it out.

MIAA

No playoffs, but fall season of great importance

By Gregory A. Scibelli
gscibelli@turley.com

The Massachusetts Interscholastic Athletic Association and the several state government agencies have finally come to agreements and there will be a “fall season.”

While there are many who are unhappy with the significantly modified rules for soccer and field hockey, you can guarantee the athletes who will take the field at the end of this week will be grateful to do so.

Granted, soccer will change significantly. No walls to block close-range direct kicks, no corner kicks to headers for goals. The game will be different.

But after six months of almost “lockdown” conditions, the athletes who will participate in these modified games will be able to take advantage of the benefits offered by playing interscholastic sports.

First, they will get to work on teamwork and great communication skills. Those will be important now more than ever as the players get used to these temporary rules. These are values and skills that are taught no matter what, but most players have gone without this repetition for six months. Soccer players, specifically, also missed out on a summer season that is always so valuable to in preparing for the very competitive fall season.

Second, many of the student athletes who will be seniors this year will not have to suffer the same unfortunate fate as the Class of 2020’s spring athletes. Those student-athletes lost out on their

entire final seasons in baseball, softball, lacrosse, tennis, track, and boys volleyball. Additionally, these seniors will be making decisions about where they want to go to college and have this one opportunity be scouted for these sports. The college recruitment process is also pretty important to many skilled juniors.

And third, everyone’s mental health will benefit from the return to high school sports. More than any other competitive sports league, even professionals, are the enjoyment for parents of watching their children compete at the highest level, varsity. When that was taken away from athletes, coaches, and parents, it was a very tough time. Instead of practicing daily, students were shuttered to their homes. They were unable to see friends, work out, and improve their skills. The extended closure of most public places further exacerbated those restrictions. Now that high school sports are returning, it will greatly improve that morale among students. An opportunity to play, compete, and ultimately, have fun. Which is something most high school athletes have not had since the state basketball playoffs were abruptly shut down on March 10.

Hopefully everyone will do their part, wearing masks, socially distancing, and making every effort to obey modified rules so nothing will be shut down as we continue the elusive wait for a vaccine and a return to normalcy.

In the meantime, good luck to the Fall 1 athletes on this important step back to normalcy.

BASEBALL

Monson-Palmer team completes modified summer season



Submitted photo

The Monson-Palmer Junior-level High School Summer Baseball team. Members included Anthony Ukrainets, Chance Lee, Sebastian Mayberry, Michael Mayberry, Ethan Nompoggi, Jeremiah Baker, Trey Yesu, Austin Piesz, Austin Lagimoniere, Ty Miller, Dominic Allen, Cam Balicki, and Anthony Decsse. Ware was also represented on the team. The team had all season and lost in the second round of the playoffs to Wilbraham. The Monson-Palmer Team would like to give a thank you to all that put this Western Mass. Baseball League together for the summer of 2020 under these unprecedented times. The team would like to thank Joe Dushane and Max Weir from Easthampton, Chad Levesque from Agawam, Pierre Catellier from Wilbraham, Andrew Rogers from South Hadley for getting all the umpires and keeping all up-to-date with things going on. Most of all to all the coaches and Parents that were a big part in making this happen also.

MIAA

Bay State games launches 32nd year of Scholarship

REGION – The Bay State Games is pleased to announce that applications are now being accepted for the 2020 Future Leaders Scholarship Program. This marks the thirty-second year of this valuable scholarship program that recognizes the leaders of tomorrow who excel in academics, community service, and athletics. The scholarship program is available to any Massachusetts High School student in the class of 2021. Due to the cancellation of the 2020 Summer Games, participation in the Bay State Games is not required but is recommended. Six \$1,000 scholarships will be awarded to the top applicants.

“Bay State Games is proud to provide valuable college scholarships to student-athletes repre-

senting high schools and communities from across Massachusetts,” said Bay State Games Executive Director, Kevin Cummings. “While the COVID-19 pandemic impacted our traditional spring timeframe for this scholarship, we have moved the process to the fall to ensure that students in the class of 2021 will still have access to this opportunity. I encourage all former Bay State Games Summer and Winter Games participants currently entering their senior year of high school to apply.”

Candidates must submit their application information online by October 15, 2020. The selection process will begin with a review of each student’s application, written

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RACING

Local driver Cormier wins mini-stock race

By Gary Dutton

WINCHESTER, N.H. – Todd Patnode (Swanzey, NH) made a late-race pass to earn his third NHSTRA Modified feature of the year Saturday, September 12.

The high-banked speedplant completed its 13th event of the season Saturday, and when all was said and done, one driver had taken her first victory lap of the year, Aaron Fellows (Croydon, NH) had stormed to his track-high eleventh feature win, and the sizzling Curtis twins, Jaret and Chase, were again tied atop the Street Stock title race.

The Six Shooter division made its maiden Monadnock run Saturday, with southern-staters Brandon Mailhot (Epping, NH) and Adam Knowles first and second under the flags, and Granite State Mini Cup ace Skeeter Beece was dominant in both his heat and feature races.

Kevin Pittsinger and Trevor

Bleau led the Mod Squad to the green in the night’s 40-lap main event, with Bleau – up in smoke a week earlier – jumping all over the opening lead. Scott MacMichael and Cameron Houle chased Bleau to the front, but Patnode, from row four, was on the move early.

Patnode got up for third on lap ten, took second on the 25th circuit, and had soon reeled Bleau in. And, while almost everyone’s eyes were glued on the front pair, rookie Cory Plummer – from row six – was having a career night just behind them.

Using the inside groove, Patnode inched ahead as lap 34 was completed. Bleau stayed glued to his bumper the final six laps, matching his season-best finish of opening night in second. Plummer’s huge run netted him third, Ben Byrne came home fourth, and track points leader – third in national points too – Brian Robie was fifth.

Jaret Curtis (Rutland, NH) took



Submitted photos

Todd Patnode won a close race to take the modified event.

the lead from Tim Wenzel on lap 13 of the Street Stock feature and never looked back. Chris Buffone used a rub to take second on lap 17 but could advance no further, earning

runner-up honors with Chase Curtis glued to his bumper in third. It was Jaret Curtis’ third win of the season.

Aaron Fellows passed Justin Littlewood for the lead on lap nine



Kevin Cormier, a driver from Agawam, took the mini-stock race last Saturday at Monadnock Speedway.

of the Late Model Sportsman feature, shrugged off a late-race tap from runner-up Adam Gray, and stormed off to his eleventh win, against one runner-up finish, this

season. Gray was second, and Robert Hagar third

Kevin Cormier (Agawam, Ma)

RACING | page 8



Chris Tallman, of South Hadley, chips during action at Mohegan Sun Golf Club. Tallman was part of a winning team that was playing for charity.



Golfers gather around one of the holes during action.

Submitted photos

Local golfer competes in charity tournament

UNCASVILLE – The Connecticut PGA Pro Veteran Invitational golf tournament that took place last Thursday at Mohegan Sun Golf Club in Baltic, Conn.

This great event kicked off with a Color Guard Ceremony performed by the U.S. Coast Guard Academy and the National Anthem sung by Mohegan Sun's Director of Transportation, Derrick Williams. From there, CT PGA

Pro's joined teams of veterans for an 18-hole scramble score competition.

Upon completion of a successful tournament where social distancing guidelines were in practice, Chris Tallman, from Orchards Golf Club in Hadley, MA, took home the Individual Low PGA Professional award, shooting a 68.

The overall winning team (-13), representing Orchard Golf Club, consisted of David Bombard, David Wat-

son, Kyle Wylie and Jay Milkey, along with Chris Tallman, PGA.

Dennis Dungee of the Connecticut Section PGA, along with host PGA Professionals Philip Krick Jr. and Michel Painchaud, presented winners with crystal trophy awards and assorted prizes.

"Our goal with this annual event is to support local and regional veterans and programs through the game of golf," said Dennis Dungee, CT Section

PGA and Philip Krick, Jr., PGA Mohegan Sun Golf Club.

The majority of funds raised from this event, which was nearly \$2,000, will benefit the Salute Military Golf Association of New England, under the leadership of Jerry Shanahan. This organization's mission is to help in the healing of wounded veterans through the power of golf. To learn more, visit www.SMGA.org/Boston.

Girls on the Run Western MA launches fall season

Registration now open to help Western MA area girls stay active and healthy during pandemic

Girls on the Run Western MA is launching its 6th fall season, which begins this week.

GOTR is a leader in delivering evidence-based, life skills curriculum to girls of all abilities. Through more than 75 sites across the Western MA region has served more than 5400 youth since it was founded in 2015. For the 2020-2021 school year, GOTR Western MA is offering a variety of programs to accom-

modate the changing and unpredictable school year due to the pandemic. Registration for the season is open at www.girlsontherunwesternma.org.

"Our staff and coaches are ready to bring critical social-emotional programming Western MA girls at a time when they need it the most," said Alison Berman, Council Director. "We have adapted based on the recommendations of local health officials and decisions of local governments and school districts. The 3 options that we are offering, in-person, hybrid and virtual make it possible for girls to stay active despite the pandemic. Our fluid model will work completely in-person, completely virtual or can seamlessly transition between the two as needed."

GOTR is offering in-person teams, hybrid teams (in-person and virtual), and teams that are 100% virtual. GOTR programming is being delivered as in the past, with enhanced safety measures including physical distancing modifications and smaller teams. Should sites close, the in-persons will be easily transitioned to a virtual model, with lessons that mirror the in-person program. This fluid programming model ensures that participants will experience the social, emotional, and physical outcomes of the program while allowing local teams to adjust to changes in the school and community health guidelines throughout the season. All virtual teams are also available for families that would prefer that option. Virtual fall programming is delivered by trained coaches in a safe virtual space, with lessons that mirror the in-person Girls on the Run or Heart & Sole program. Virtual programming will include physical activity and social-emotional learning, providing girls with an opportunity to still build meaningful connections with

their peers and caring adult role models.

This season GOTR WMA has partnered with many local recreation departments and the Hampshire Regional YMCA to provide in-person and hybrid programming. The Amherst LSSE, Northampton, South Hadley, Hadley, East Longmeadow and Wilbraham Recreation Departments are all new partners this season making it possible for Girls on the Run to be offered this fall.

Girls on the Run is looking for a few more volunteers for their fall season. Volunteer coaches will receive the training and materials required to provide girls a safe, trauma-sensitive space to learn valuable life lessons and be active. Coaches do not need to be runners.

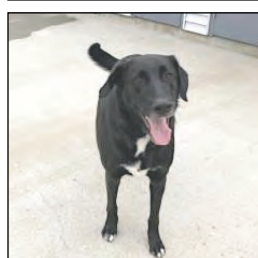
Berman says, "Together, we will find a way to motivate girls to nurture their physical and emotional health, no matter the circumstances."

Registration is open now at www.girlsontherunwesternma.org. Financial assistance is available to all participants and no one is turned away for financial need.

Second Chance virtual vendor fair helps pets in need

Every fall, a group of vendors comes out to Cruise for Critters or the Halloween Barktacular to display their wares while supporting Second Chance Animal Services' mission to help pets in need. When the nonprofit was forced to cancel these fall fundraisers due to COVID-19 concerns, they decided to launch an online vendor fair which will not only benefit pets in need but will help promote the dedicated group of vendors.

"2020 has been such a challenging year for everyone. We were so disappointed that our fall events were cancelled," said Lindsay Doray, Development Director at Second Chance. "We know it's been a difficult year for our vendors too, so we created a virtual vendor fair to continue our long-standing tradition of mu-



tual support. We are grateful to Southbridge Credit Union for their generosity in sponsoring the online vendor fair."

Doray noted that new vendors are being added daily and hopes animal lovers will take a moment to explore the vendors on the event page of the Second Chance website, do a little shopping and thank them for their support.

Second Chance remains dedicated to pets, despite over 100 event cancellations and a drop in donations the organization is facing this year.

The virtual vendor fair can be found at www.secondchanceanimals.org/virtual-vendor-fair/. Vendors interested in supporting Second Chance can email development@secondchanceanimals.org for more information on joining the virtual vendor fair.

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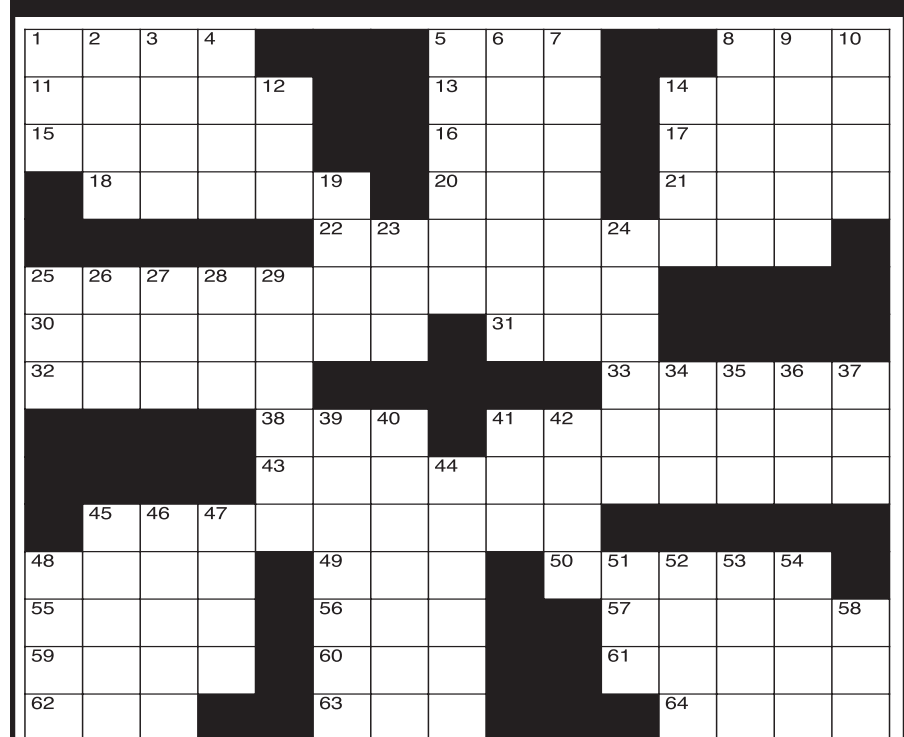
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CLUES ACROSS

- Greasy powder (abbr.)
- Rural Free Delivery (abbr.)
- Amount of time
- Greeting
- Form of "to be"
- Israeli diplomat
- Outfit
- The 13th letter of the Hebrew alphabet
- Deceptive movement
- Anxious
- Popular Letterman guest
- Saints' signal caller
- Intoxicate
- Relationship
- Ask for one's hand in marriage
- Popular Will Ferrell film
- Gargle

- Warning sensation before migraine
- Returned material authorization (abbr.)
- Erases
- At ease
- Small branch of an artery
- Mother of Hermes
- Body part
- Cavalry sword
- Wellness chants
- Helps little firms
- Afflicted
- Peep
- Nellie __, journalist
- Spiritual leader
- Doctor of Education
- Affirmative
- Cheek

CLUES DOWN

- Popular kids' game

- Away from wind
- Round water pot
- Drink quickly
- A simple type of jet engine
- Something for nothing
- Painkiller
- Siskel's pal
- Strong spirit distilled in Turkey
- Again
- Imitate
- Icelandic poems
- Jacob __, American journalist
- No (Scottish)
- Newborn
- Credit term
- Nonprofit research group in CA
- Male offspring
- Important baseball stat
- A way to compel

- Fiddler crab
- Jewish equivalent of "Sir"
- Every
- Midway between east and southeast
- Anti-slavery treaty
- A friendly manner
- Military figure (abbr.)
- Area units
- Sudden
- Incursions
- Expressed pleasure
- Covered with hoarfrost
- Job
- Donkey
- Swiss river
- Prejudice
- Actor Idris
- Light dry-gap bridge (abbr.)
- Criticize

Pioneers announce tryouts for upcoming season

LUDLOW – WUP FC is proud to hold tryouts for the 2020-2021 season. Tryouts are for Boys and Girls of all age groups including an open house for younger ages:

Developmental Academy: players born in 2013-2015

First Kick: players born in 2016

This registration session will allow you to complete contact information, and sign up for participation. Please read through each page carefully to ensure that all information is provided accurately.

To ensure we can create the safest environment for your player due to COVID19 precautions, we are still working on exact dates and times to conduct tryouts for the 2020-2021 season. Players may be invited to smaller training sessions and/or limited attendance try-out venues. You will be notified with options via email.

Tri-County to hold golf tournament

BELCHERTOWN – The Tri-County Baseball League, the premier adult baseball league in Western Massachusetts, will hold its annual golf tournament at Mill Valley Golf Links in Belchertown on Saturday, Oct. 3 with a 10 a.m. shotgun start. Cost is \$80 per player. If you're unable to play, there are donations and hole sponsorships available. The tournament will include lunch during the round, raffle, closest to the pin, longest drive, and a special 50/50 drawing. For more information, go to www.tri-countybaseball.net. The registration form is on that website.

BAYSTATE ■ from page 7

recommendations, and transcripts. A number of students will then be selected for virtual interviews which will be conducted the week of November 9. At the conclusion of interviews, six statewide scholarship winners will be announced.

Additional information on the scholarship and a link to an application form can be found at www.bay-stategames.org/future-leaders-scholarship.

For questions, email info@baystategames.org or call 781-932-6555.

RACING ■ from page 7

took the lead from Kevin Russell on lap 14 of the Mini Stock main event, then holding strong to earn his second 2020 victory lap. Clayton finished his impressive night's work in second, with veteran hot shoe Pat Houle coming from row six to post his season-best finish in third.

Top points man Gordon Farnum was fourth in Saturday's Minis, and now leads the championship points chase by 24 markers over Granby, Mass. hot shoe Nathan Wenzel.

Jason Leray set a fast pace the first six laps of the Pure Stock feature but bobbed on a restart and was quickly shuffled backward. Points leader Mike Douglas took charge on lap nine but was soon gobbled up by Erin Aiken (Claremont, NH), who then socially distanced herself from the field to score her first win this season, accomplishing the feat aboard the same car her husband, Dave, had driven to victory twice earlier in the season.

Brandon Mailhot started up front and led all the way to win the first-ever Six Shooter feature on the high banks. Adam Knowles was second, and Claremont racer Paul Colburn strong in third.

With only two weeks remaining in the 2020 racing season, fans will have another opportunity to enjoy an early-fall night of exciting outdoor entertainment when Monadnock Speedway hosts a full card of oval track racing this Saturday, September 19, on the storied quarter-mile.

For more information, please visit www.monadnockspeedway.com.

MONADNOCK SPEEDWAY SEPTEMBER 12 RESULTS:

NHSTRA Modifieds: Todd Patnode, Trevor Bleau, Cory Plummer, Ben Byrne, Brian Robie, Russ Hersey, Matt Kimball, Scott MacMichael, Kim Rivet, Solomon Brow, Brian Chapin, Jason Houle, Stewart McCormack, Cameron Houle, Eric Leclair, Brad Zahensky, Kevin Pittsinger

Street Stocks: Jaret Curtis, Chris Buffone, Chase Curtis, Tim Wenzel, Hillary Renaud, Kenny Thompson, Robbie Streeter, Paul Barnard, Bryan Granger, Ed Brehio, Craig Chaffee

Late Model Sportsman: Aaron Fellows, Adam Gray, Robert Hagar, Cole Littlewood, Will Kuhn, Camdyn Curtis, John Meany, Scott Beck, Dan Comeau, Nancy Muni-Ruot, Justin Littlewood

Six Shooters: Brandon Mailhot, Adam Knowles, Paul Colburn, Jeremy Blood, David Piper, Travis Hollins, Chris Hadley, John Voorhees, Ben Bushey, Todd Maguire, Ray Luce, Chooch Snide, Chris Colburn, Brian Stefano, Scott Wade, Dakota Lanou

Mini Stocks: Kevin Cormier, Kevin Clayton, Pat Houle, Gordon Farnum, Tim Leblanc, Nathan Wenzel, William Chaffee, Shelby Avery, Jeff Asselin, Jeff Heath, Louis Maher II, Kyle Poodiack, Jake Puchalski, Kevin Russell, Kevin McKnight

Pure Stocks (unofficial): Erin Aiken, Jimmy Zellman, Mike Douglas, Chris Davis, Damon Roy, Matt Lambert, Nolan McClay, Doug Nelson, JD Stockwell, Nick Houle, Randy Phillips, Brandon Lavoie, Cory Lofland, Jason Leray, Bruce Clark, Ryan Lawliss

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DEATH NOTICES

Hull, Walter J.

Died Sept. 12
Funeral Mass Sept. 16 at 10 a.m.
Bethany Cemetery

Trombly, Sheila

Died Sept. 6
Private Memorial Service for Family
Sept. 19 at 10 a.m.
St. Thomas Cemetery, Palmer

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.
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The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

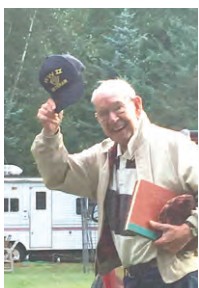
O B I T U A R I E S

Walter J. Hull, 1928-2020

MONSON - Walter J. Hull, 92, passed away Saturday, Sept. 12. Walter was born in Monson on June 19, 1928 to the late Frank and Victoria (Niewiedzial) Hull. He was a lifelong resident here. Walter belonged to the greatest generation serving in the US Navy during WWII. He was honorably discharged and returned to Monson where he worked at the former Springfield Moulders and retired after 42 years as a supervisor. Walter was a communicant of St. Patrick's Church in Monson. He was an active member of the American Legion, Post 241 in Monson. Walter could be seen marching in every parade the Legion participated in, often leading the way. He was also active at the Monson Polish-American Club, often stopping in to catch up with family and friends. Walter enjoyed woodworking, hunting and fishing. He loved to play "Keno" and was working on a method to figure out the perfect combination. His greatest love was for his family, always

spending time with his children and enjoying all the grandchildren and great grandchildren as each new baby arrived.

Walter leaves his wife Phyllis A. (Coolong) Hull of 62 years and their children; Geraldine DePace and husband Gary, Beverly Thompson and husband Skip, Susan Trudeau and husband Alan, Frank Hull and wife Susan, Mary Hull and son in-law Jack Thomas; grandchildren, James and Katelyn DePace, Christopher DePace, Belinda and Jason Hill, Stephen Thompson, Kimberly Thompson, Andrea Trudeau, Owen Trudeau, Sarah Hull, Amanda Hull, Frank Hull, Olivia Hull, Dustin and Katie Hull, Bradford Hull, Philip Hull, Jaqueline Hull; great grandchildren, Abby, Henry, Violet, Ashley, Evelyn, Charlotte, Kaylynn, Hunter, Penelope, Jackson, Reed and Orin; a brother Stanley Hull and sister Victoria LeMay. Wal-



ter was predeceased by a son, Charles Hull; a granddaughter, Emily Trudeau; brothers, Edmund, John and Thomas; sisters, Anna and Julia.

Visiting hours were held Tuesday, Sept. 15 from 4 - 7 p.m. at Lombard Funeral Home 3 Bridge St. A Funeral Mass was conducted Wednesday, September 16th at Bethany Cemetery at 10am with committal prayers and military honors conducted at graveside to conclude the services. The funeral service will be conducted outside at the cemetery.

In lieu of flowers please consider a memorial donation to the Charles Reed Hull Memorial Fund c/o Monson Savings Bank PO Box 188 Monson, MA 01057. For online condolences, additional information please visit www.lombardfuneralhome.com

Sheila Trombly, 1934 - 2020

In loving memory of Sheila Trombly, 05/05/34 - 09/06/20.

Sheila was born in Springfield, MA to Mary and Peter Trombly. She lived most of her life in Palmer. She attended Palmer schools and was a graduate of the School of Floral design in Boston.

Sheila was predeceased by her parents, and her brothers Roger of Palmer and Lowell of Illinois, and her sister Judith Lamery of Bondsville. She is survived by brothers Kent (Joan) of Wilbraham, and Wayne (Susan) of Monson, and sisters Janet Cronwell of GA, and Joy Han-num Trombly of Palmer. Sheila had many nephews: Keith Trombly (Misty) of Hampden, Paul Gunther (MaryBeth) of Ware, Scott Trombly (Barbara) of Warren, Jason Trombly of Palmer,

Kyle Trombly and Cara of Weymouth, Eric Cronwell of NJ, and Evan Cronwell (Janet) of GA. Sheila had two nieces, Rob-in Santos (Carl) of Monson, and Kelly Bujnicki (Brian) of Springfield. Sheila is also survived by her dearest and faithful friend, Theresa Petrasewicz of Palmer.

Sheila worked most of her life at Three Rivers Industries, and two check publishing companies in the Springfield and Palmer areas. She loved being with family and friends both before and after she retired 21 years ago. She loved butterflies, flowers and birds, her many outings to the casino with brother Roger, and her numerous day



trips with sister Judy.

Sheila's life was one of selfless dedication and devotion to her parents and siblings. Family was her whole life. She received enormous satisfaction and pleasure in the caregiving she provided to her mother and brother, Roger for many years. Her love of family was endless and bountiful. Our family was given a very special gift from God; and we are all grateful that we had her in our lives.

A private memorial service for family will be held Sept. 19 at the St. Thomas cemetery in Palmer at 10 a.m. For details, please visit www.beersandstory.com

trips with sister Judy.

Governor Baker proclaims September Emergency Preparedness Month

FRAMINGHAM – Governor Charlie Baker has proclaimed September 2020 to be Emergency Preparedness Month in Massachusetts to encourage residents, families, and organizations to prepare for emergencies and disasters. September is also National Preparedness Month.

The Commonwealth will kick-off the annual observance by launching a public Thank You campaign on social media to recognize the tireless efforts of essential workers and organizations that are doing so much to keep the Commonwealth prepared and safe during the COVID-19 pandemic.

"The COVID-19 pandemic has underscored the importance of emergency preparedness, and the role we all must play in better preparing our homes, workplaces and communities for the unexpected," said Governor Charlie Baker. "It has also highlighted the incredible contributions of so many individuals who have stepped up every day to ensure that essential services and goods continued to be delivered throughout this public health emergency."

"Emergency Preparedness Month provides us with an opportunity each year to focus on what we can do to make ourselves and

our families better prepared," said Lt. Governor Karyn Polito. "Especially now, we are thankful for all the tireless efforts of the Commonwealth's essential workers throughout the COVID-19 pandemic."

Visitors to Mass.Gov/EP-month can download a certificate of appreciation to thank an essential worker or organization in their community. After personalizing the certificate, residents are asked to post a picture of the certificate to the social media platform of their choice with the hashtag #EPisEssential.

"Everyone plays an important role in staying prepared, especially in the face of new challenges posed by the pandemic," said public safety and security secretary Thomas Turco. "I hope these initiatives raise awareness of present-day risks, outline measures we all should be taking, and facilitate collaboration between the public and private sectors. When we embrace preparedness, we all have an opportunity to serve our communities."

"Preparedness takes a whole community effort and during the COVID-19 pandemic so many essential workers and organizations across the Commonwealth have

worked tirelessly to keep medical services operating, public safety operations functioning, food, medicine and commodities stocked, and other vital needs met during the COVID-19 pandemic," said MEMA director Samantha Phillips.

During September, MEMA and the Massachusetts Department of Public Health will share information on their respective social media accounts about emergency preparedness topics including emergency planning, building an emergency kit, preparing for disasters, youth preparedness, ways to get involved in community preparedness, and more. This emergency preparedness information includes guidance about how to prepare for emergencies during the COVID-19 public health emergency. The Massachusetts Department of Transportation will feature signage along highways to raise awareness of Emergency Preparedness Month.

To say thank you to an essential worker or organization in the community, and to find resources on how to prepare for emergencies, visit <http://www.mass.gov/EPmonth>.

Police/Fire

Police Logs

MONSON

The Monson Police Department made four arrests or summons from Sept. 6 to Sept. 12. Those arrested will appear in the Palmer District Court at a future date and are innocent until proven guilty.

Sunday, Sept. 6

Gregory J. Prince, 50, of 35 Arthur St., Springfield, was arrested at 6:40 p.m. on charges of a marked

lanes violation; speeding rate of speed exceeding posted limit; failing to stop for the police; negligent operation of a motor vehicle and failing to stop for red lens/stop sign.

Thursday, Sept. 10

Andrea Marie Vadnais, 40, of 268 Palmer Rd., Apt. #20, Monson, was arrested at 5:30 p.m. on charges of disorderly conduct; interfering with police and municipal by-law violation.

Fire Logs

PALMER

The Palmer Fire Department responded to 13 calls from Sept. 9 to Sept. 15.

On Wednesday, Sept. 9, at 9:39 a.m., the department responded to a carbon monoxide activation on Church Street. The department returned to service at 9:50 a.m.

On Thursday, Sept. 10, at 4:09 a.m., the department provided medical assistance on Main Street in Thorndike. The department returned to service at 5:11 a.m.

On Thursday, Sept. 10, at 10:09 a.m., the department provided medical assistance on Boston Road. The department returned to service at 10:51 a.m.

On Thursday, Sept. 10, at 12:10 p.m., the department responded to a carbon monoxide activation on Church Street. The department returned to service at 1:12 p.m.

On Thursday, Sept. 10, at 4:30 p.m., the department provided medical assistance on Barlow Street. The department returned to service at 5:04 p.m.

On Friday, Sept. 11, at 1:04 p.m., the department provided medical assistance on Main Street. The department returned to service at 1:26 a.m.

On Friday, Sept. 11, at 3:40 p.m., the department responded to a motor vehicle accident with an injury, on West Ware Street. The department returned to service at 4:25 p.m.

On Friday, Sept. 11, at 5:07 p.m., the department provided medical assistance on Depot Street. The department returned to service at 5:16 p.m.

On Monday, Sept. 14, at 10:10 a.m., the department responded to a motor vehicle accident, with an injury, on Ware Street. The depart-

ment returned to service at 10:47 a.m.

On Monday, Sept. 14, at 10:15 a.m., the department responded to a motor vehicle accident, with a fluid spill, on Thorndike Street. The department returned to service at 11:06 a.m.

On Tuesday, Sept. 15, at 2:04 p.m., the department conducted an odor investigation on River Street. The department returned to service at 2:50 p.m.

On Tuesday, Sept. 15, at 6:41 a.m., the department responded to a carbon monoxide detector activation on Church Street. The department returned to service at 7:04 a.m.

On Tuesday, Sept. 15, at 9:35 a.m., the department responded to a carbon monoxide detector activation on Church Street. The department returned to service at 9:41 a.m.

THREE RIVERS

The Three Rivers Fire Department responded to a total of six incidents from Sept. 8 to Sept. 10.

On Tuesday, Sept. 8, at 8:50 p.m., the department responded to an alarm activation on Wilbraham Street. The department returned to service at 9:45 p.m.

On Wednesday, Sept. 9, at 1:32 p.m., the department responded to an EMS incident on Main Street. The department returned to service at 2:00 p.m.

On Wednesday, Sept. 9, at 6:52 p.m., the department responded to an EMS incident on Main Street. The department returned to service at 7:20 p.m.

On Thursday, Sept. 10, at 4:21 a.m., the department responded to an EMS incident on Belchertown Road. The department returned to service at 4:45 a.m.

Delaney Jason Roy, 39, of 268 Palmer Rd., Apt. #20, Monson, was arrested at 5:30 p.m. on charges of resisting arrest and municipal by-law violation.

Napoleon R. Sivley, 50, of 268 Palmer Rd., Apt. #20, Monson, was arrested at 5:30 p.m. on charges of disorderly conduct, interfering with police and assault with a dangerous weapon.

On Thursday, Sept. 10, at 9:37 a.m., the department responded to an EMS incident on Off Lariviere Street. The department returned to service at 10:00 a.m.

On Thursday, Sept. 10, at 6:33 p.m., the department responded to an EMS incident on Maple Lane. The call was cancelled and the department returned to service at 6:35 p.m.

BONDSDVILLE

The Bondsville Fire Department responded to no calls from Sept. 8 to Sept. 14.

MONSON

The Monson Fire Department responded to five fire calls and 18 EMS calls, from Sept. 7 to Sept. 13.

On Monday, Sept. 7, at 12:30 p.m., the department assisted multiple law enforcement agencies on Maple Lawn. The department returned to service 4:45 p.m.

On Tuesday, Sept. 8, at 9:29 a.m., the department responded to a fire alarm activation on Main Street. The department returned to service at 9:48 a.m.

On Tuesday, Sept. 8, at 9:14 a.m., the department responded to a fire alarm activation on Main Street. The department returned to service at 9:25 a.m.

On Tuesday, Sept. 8, at 2:41 p.m., the department responded to a carbon monoxide alarm activation on Silver Street. The department returned to service at 3:47 p.m.

On Wednesday, Sept. 9, at 11:31 p.m., the department provided public assistance on Maxwell Road. The department returned to service at 12:14 a.m.

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BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email dfarmer@turley.com.

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I will
remember you
in every tomorrow.*

Love, Mom

New CDC survey identifies COVID'S effects on mental health

September is National Suicide Prevention Awareness Month

SPRINGFIELD – When we talk about the symptoms of COVID-19, trouble breathing, fever, headache, loss of taste and smell, and cough are just a few that readily come to mind. Whether or not you are personally infected with the virus, it is important to recognize the serious impact of the pandemic on behavioral health in the community including the risk of depression, anxiety, substance use disorders, and suicide.

September is National Suicide Prevention Awareness Month, and in advance of the annual healthcare observance, the U.S. Centers for Disease Control and Prevention (CDC) has released a new survey that found increased levels of symptoms of anxiety and depressive disorders, substance use and suicidal ideation among adults. The survey also identified populations at increased risk, including young people, racial and ethnic minorities, essential workers and caregivers of adults.

“Social distancing and isolation during the pandemic has resulted in extreme loneliness for some people, especially the elderly, who may already be dealing with a variety of mental health conditions such as depression, which can lead to suicide. The economic hardships caused by unemployment, the loss of your own small business, and attempting to meet growing

bill, are also contributing to a increase in suicides,” said Dr. Barry Sarvet, chair, Department of Psychiatry, Baystate Health.

“Furthermore, there are many individuals in our community who have experienced the loss of a loved one from COVID-19. The normal grieving process necessary for people to heal from losses like this are often disrupted by infection control measures and this increases the risk of depression in bereaved individuals,” he added.

The CDC survey statistics tell the story:

- 40% of American adults reported experiencing mental or behavioral challenges tied to the COVID-19 crisis and measures including social distancing and stay-at-home orders.

- Nearly 11% of the 5,412 adults surveyed between June 24-30 reported having seriously considered suicide in the 30 days prior.

- The percentage was significantly higher among those between the ages of 18 and 24, with about a quarter saying they considered thoughts of suicide.

- Nearly 31% of unpaid caregivers and 22% of essential workers noted they had thoughts about ending their lives. Respondents who are black or Hispanic were also well above average.

- Anxiety or depression symptoms were reported by one-third of respondents. Also, some 26.3% reported experiencing trauma and stress-related disorders because of the pandemic.

Mental health conditions

are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress.

The CDC lists 12 warning signs of suicide as:

- feeling like a burden
- being isolated
- increased anxiety
- feeling trapped or in unbearable pain
- increased substance use
- looking for ways to access lethal means
- increased anger or rage
- extreme mood swings
- expressing hopelessness
- sleeping too little or too much
- talking or posting about wanting to die
- making plans for suicide.

If you have a loved one exhibiting such behaviors or thoughts, you should ask them what you can do to help. You can point out your observation that they seem sad and can encourage them to get help initially through their primary care doctor, who can assess the situation and prescribe medications or make a referral to a mental health professional.

“People who attempt to take their own lives often are profoundly hopeless and need people around them to notice their suffering and to help them to seek treatment. It’s really important for people to learn about

the signs of depression, substance use disorders, and other common behavioral health conditions. It’s time for us to let go of the stigma that has made it so difficult for people to talk about these things,” said Dr. Sarvet.

The recent CDC survey also noted that one in four young adults in the U.S. said they considered suicide over the last month.

“In teenagers, depression is often complicated by disciplinary problems, school underachievement, interpersonal conflict, and drug and alcohol problems. It takes a great deal of understanding and compassion to notice the depressed person in the middle of all of this, who may be at serious risk for suicide,” said Dr. Sarvet.

Dr. Sarvet noted that it is important for parents and caring adults to learn how to recognize depression in teenagers, including:

- changes in school performance
- excessive worry or anxiety, for instance, fighting to avoid bed or school
- hyperactive behavior
- frequent and disturbing nightmares
- increased aggression or disobedience
- frequent temper tantrums.

Dr. Sarvet suggested working with your doctor or therapist to create a written “suicide safety plan” should you begin to experience thoughts of harming yourself.

When creating your plan, consider listing answers to the following:

- Warning signs or triggers

of a developing crisis such as thoughts, images, mood, situation, behavior

- Internal coping strategies, such as relaxation techniques or physical activity, including engaging in your favorite hobbies
- People and social settings that can offer distraction
- People you can ask for help

- Professionals or agencies to contact in a crisis, including the Suicide Prevention Lifeline at 1-800-273-TALK (8255)

- Steps for making the physical environment safer

- A safe place you can go to
- Things worth living for.

Dr. Sarvet noted suicide touches everyone.

The suicide death of a loved one or close friend can have a profound impact on survivors who often feel partly responsible for the tragedy. Those looking for support in coping with a suicide loss can visit the American Foundation for Suicide Prevention website at <https://afsp.org/> for a list of nearby support groups.

If you, or someone you know, is in suicidal crisis or emotional distress, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the Psychiatric Crisis Team at 413-733-6661 for Springfield residents or to learn where to call outside the Springfield area. You can also talk with your primary care physician for a referral to a mental health professional or visit your local emergency room.

MassDOT: Public information meeting on statewide exit renumbering project Sept. 24

BOSTON – The Massachusetts Department of Transportation (MassDOT) is announcing an upcoming virtual Public Information Meeting for MassDOT’s Statewide Exit Renumbering Project on Thursday, Sept. 24 from 6:30 p.m., to 7:30 p.m. This project is converting all existing exit numbers on freeways to a milepost-based numbering system, per Federal Highway Administration (FHWA) requirements.

The public meeting will cover information about the project, the construction schedule, and the project team will be there to answer questions. Registration is available online.

Construction is scheduled to begin on this project in mid-October of this year and is anticipated to end in the Summer of 2021. This is a statewide project; however, this public meeting will be focused on the scope and schedule of the following corridors:

- State Route 3
- State Route 24
- State Route 25
- State Route 128
- State Route 140
- U.S. Route 3
- U.S. Route 6
- Interstate 93
- Interstate 95
- Interstate 195
- Interstate 295

Additional virtual public meetings will be scheduled throughout the fall to cover the rest of the impacted corridors. Project updates and corridor-specific construction schedules will be posted regularly on the project’s website. To learn more about the project, sign up for updates, and ask the project team questions, visit www.newmassexits.com.

Public Notices

The Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with Chapter 40A, M.G.L. s.11, the Monson Zoning Board of Appeals will hold a **Public Hearing Thursday September 24, 2020 at 7:20 P.M. REMOTELY**, on the application of the Quaboag Riders for a Special Permit. The applicant is seeking a change to their existing Special Permit for a non-conforming use, under Section 3.3.2 of the Monson Zoning Bylaws. The locations are 31 King Ave and 24 Wales Rd., Monson, Map 116, Parcel 7, Map 116, Parcel 22, Map 117, Parcel 26 in the Residential Rural and Residential Village districts, owned by Quaboag Riders, Inc. A copy of the application is on file with the Zoning Board of Appeals and can be viewed during office hours.

Join the meeting by logging in or calling in and entering the Meeting ID and Password below:

Login: <https://zoom.us/j/98804028349?pwd=M-2JVSRQWVRNNm1x-UlpBTFZEZmZnZz09>
Dial: 1 646 558 8656
Meeting ID: 988 0402 8349
Password: 950520
David Beaudoin, Chairman
9/10, 9/17/2020

The Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with Chapter 40A M.G.L. §.11, the Monson Zoning Board of Appeals will hold a **Public Hearing Thursday September 24, 2020 at 7:05 PM REMOTELY** on the application of Meryl Callahan & Evan Terbush for a Special Permit as provided by the Schedule of Use Regulations (Table 1) in Section 3.0 of the Monson Zoning Bylaws. The applicant seeks a special permit for a business use, Raising Pets for Gainful Purpose, at 141 Peck Bros Road, Map 105 and Parcel 17, property owner is Evan Terbush. The property is zoned Rural Residential and is 2.36 acres in size. A copy of the application is on file with the Zoning Board of Appeals and can be viewed during office hours.

Join the meeting by logging in or calling in and entering the Meeting ID and Password below:

Login: <https://zoom.us/j/98804028349?pwd=M-2JVSRQWVRNNm1x-UlpBTFZEZmZnZz09>
Dial: 1 646 558 8656
Meeting ID: 988 0402 8349
Password: 950520
David Beaudoin, Chairman
9/10, 9/17/2020

TOWN OF PALMER TOWN COUNCIL NOTICE OF PASSAGE

On September 14, 2020, the Palmer Town Council passed Ordinance 2021-01, that the Code of Ordinances of the Town of Palmer, Chapter 171 Zoning, Zoning Amendment; 1010 Park Street. From Town Residential to Village Center District 1.

A complete text of this Ordinance is available at the office of Town Manager and Town Clerk, 4417 Main Palmer (Thorndike), MA 01069. Please call 413-283-2600 for viewing. A copy is also available on the Town website at www.townofpalmer.com

Town Council of Palmer, MA
9/17/2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department Hampden Division

Docket No. HD3P157671TPI NOTICE OF TRUSTEE'S ACCOUNT

To all persons interested in the estate of SYLVIA DONOVAN of Palmer, Hampden County, MA, a protected person.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the Fifteenth Account(s) inclusive of T.D. Bank, N.A., Trustee under a written instrument for the benefit of said SYLVIA DONOVAN have been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account(s), you or your attorney must file a written appearance in said court at Springfield on or before the **30th day of September, 2020**, the return day of this citation.

You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without a cost a

copy of said accounts. If you desire to object to any item of said accounts, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Hon. Barbara M. Hyland, First Justice of said Court at Springfield this 2nd day of September, 2020.

Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department Hampden Division

Docket No. HD07P155529GR1 NOTICE OF TRUSTEE'S ACCOUNT

To all persons interested in the estate of ANDREA FOLEY of Palmer, Hampden County, MA, a protected person.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the Fifteenth Account(s) inclusive of T.D. Bank, N.A., and Patricia C Foley, Trustees under a written instrument for the benefit of said ANDREA FOLEY have been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account(s), you or your attorney must file a written appearance in said court at Springfield on or before the **1st day of October, 2020**, the return day of this citation.

You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without a cost a copy of said accounts. If you desire to object to any item of said accounts, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Hon. Barbara M. Hyland, First Justice of said Court at Springfield this 3rd day of September, 2020

Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department Hampden Division

Docket No. HD08P184334CV1 NOTICE OF

Justice of said Court at Springfield this 3rd day of September, 2020

Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department Hampden Division

Docket No. HD07P177833TP1 NOTICE OF TRUSTEE'S ACCOUNT

To all persons interested in the estate of ALIDA RICH of Palmer, Hampden County, MA, a protected person. You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the Eleventh and Final Account(s) inclusive of T.D. Bank, N.A., Trustee under a written instrument for the benefit of said ALIDA RICH has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account(s), you or your attorney must file a written appearance in said court at Springfield on or before the **1st day of October, 2020**, the return day of this citation.

You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without a cost a copy of said accounts. If you desire to object to any item of said accounts, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Hon. Barbara M. Hyland, First Justice of said Court at Springfield this 3rd day of September, 2020

Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department Hampden Division

Docket No. HD08P184334CV1 NOTICE OF

TRUSTEE'S ACCOUNT

To all persons interested in the estate of ROBERT L SHAW of Palmer, Hampden County, MA, a protected person.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the Thirty-first Account(s) inclusive of T.D. Bank, N.A., and Benjamin F Shaw, Jr., Trustees under a written instrument for the benefit of said ROBERT L. SHAW has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account(s), you or your attorney must file a written appearance in said court at Springfield on or before the **1st day of October, 2020**, the return day of this citation.

You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without a cost a copy of said accounts. If you desire to object to any item of said accounts, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Hon. Barbara M. Hyland, First Justice of said Court at Springfield this 3rd day of September, 2020

Suzanne T. Seguin
Register of Probate
9/17/2020

IMPORTANT INFORMATION ABOUT YOUR SPECTRUM CHANNEL LINEUP

Communities Served: Town of Wales, MA

On October 23rd, 2020, Charter TV 3 will no longer be available on Basic channel 193.

For a complete channel lineup, visit Spectrum.com/channels. To view this notice online, visit Spectrum.net/programmingnotices.
9/17/2020

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street

Springfield, MA 01103 (413)748-7758 Docket No. HD20P1559EA

Estate of: Elizabeth L Stanton Also known as: Elizabeth Lucille Stanton

Date of Death: 05/09/2020 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Mary E Bibeau** of Canton, MA and **Jeanne V Dill** of Monson, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Mary E Bibeau** of Canton, MA and **Jeanne V Dill** of Monson, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/09/2020**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Justice of this Court.
Date: September 11, 2020
Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103

Docket No. HD20D0502DR Heriberto J Torres vs. Patricia N Torres

DIVORCE SUMMONS BY PUBLICATION AND MAILING

To the Defendant:
The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for IRRETRIEVABLE BREAKDOWN.

The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon:

Heriberto J Torres
125 North Washington Ave.
Apt #34
Hartsdale, NY 10530

your answer, if any, on or before **11/27/2020**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: September 2, 2020
Suzanne T. Seguin
Register of Probate
9/17/2020

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758

Docket No. HD20P1536EA Estate of: Susan Jayne Wellner

Also known as: Susan Jayne Wilbert Wellner, Susan J Wellner
Date of Death: 04/23/2020 CITATION ON

PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Debra Elaine Wellner** of Shorterville, AL requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Debra Elaine Wellner** of Shorterville, AL be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/14/2020**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: September 09, 2020
Suzanne T. Seguin
Register of Probate
9/17/2020

Classifieds

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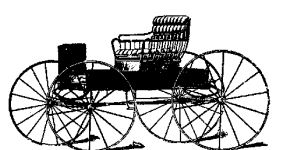
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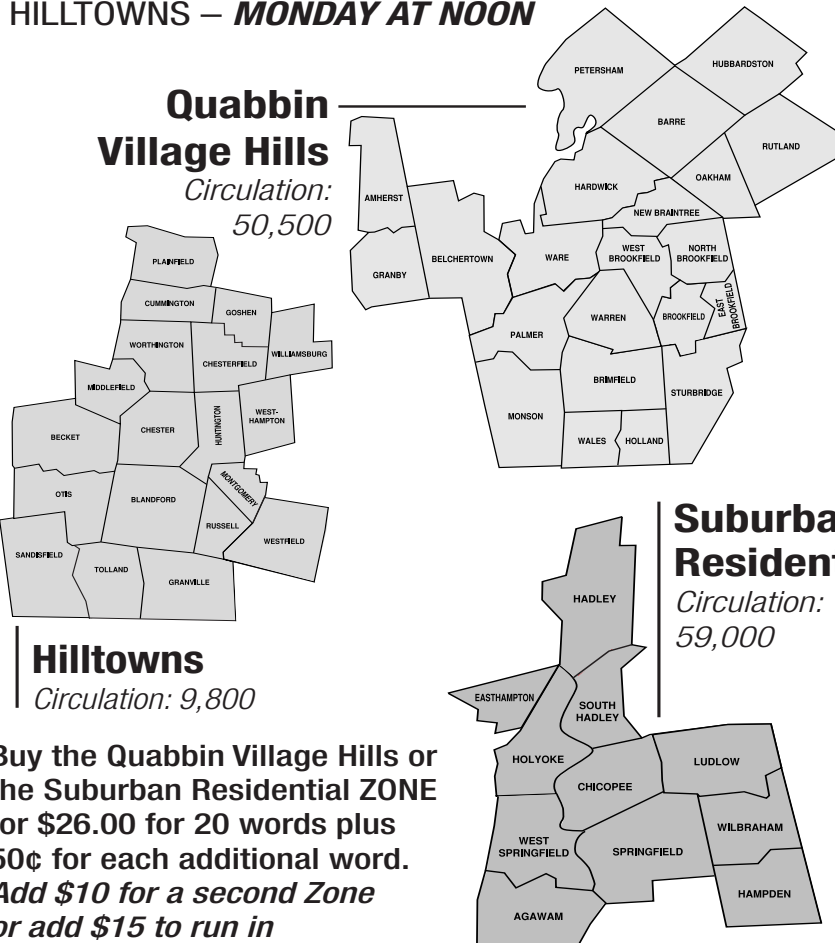
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Community Music School announce early childhood education partnership

Community Music School of Springfield's Prelude Preschool of the Arts and Enchanted Circle Theater (ECT) last week announced a new partnership, offering remote arts-integrated early childhood programming for families of preschool age children.

Community Music School of Springfield is a non-profit arts organization founded in 1983, and home to Prelude Preschool of the Arts, the only arts infused preschool in Western Massachusetts.

"For over ten years, Prelude Preschool of the Arts has been a trusted educational choice for families, unlocking their child's creative potential and deepening connections to the world around them" said executive director Eileen McCaffery. "When the pandemic hit and we moved to remote programming, we sought a partnership with ECT, a national leader in the field of arts integration, to deepen our work with preschool children and families while continuing to address issues of social relevance for our community."

Enchanted Circle is a non-profit, arts in education organization that has been engaging, enhancing, and

inspiring learning through the arts since 1976. Utilizing the performing and visual arts as dynamic teaching tools, they partner with schools and community-based agencies to provide equal access to arts inspired learning for people of all ages and abilities. Built on a foundation of social justice principles, Enchanted Circle fosters creative and critical thinking - and the joy of learning.

"Learning in and through the arts is critical to developing the whole child, giving them access to all literacies - language, mathematical, creative, and cultural," said Priscilla Kane Hellweg, executive and artistic director of Enchanted Circle. "We are excited to launch this important partnership with our friends at the Community Music School, with a shared vision of developing this innovative new arts integration model for early childhood education."

Studies have shown that arts programming significantly enhances the social, emotional, and academic development of young children regardless of their socio-economic circumstances. Prelude Preschool combines arts integration - singing and

making music, dancing, visual arts, theater, mindfulness, and storytelling - with academic and social curricula to improve academic achievement and support the development of social and emotional health.

"We are thrilled to partner with Enchanted Circle Theater" said Rebecca Storozuk, director of Prelude Preschool of the Arts. "Prelude provides the very best start to a child's educational journey while closely engaging with families. This wonderful collaboration will ensure that that journey, even remotely, is filled with joy and creativity, supporting the continued development of preschoolers and their families."

ECT teaching artists, Gabriela Micchia and Maya Rivera said, "We are delighted to be joining the Prelude family in this virtual arts inspired adventure. We will be working closely with the CMSS team to create a virtual arts integrated experience for the children and their families. Filled with active imaginative play, mindful awareness to self, the community and the environment, the Prelude Preschool of the Arts will engage children in the vibrant and creative process of learning."

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About Teepa: Teepa Snow is an occupational therapist with over forty years of rich and varied clinical and academic experience. Her experiences led her to the development of the **GEMS®** dementia classification model and the **Positive Approach® to Care** training strategies. Her company, Positive Approach® to Care (PAC) provides online and in-person education and products. Teepa presents with extraordinary expertise and humor to audiences throughout the world.



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